

Resources for Families with Young Children

These are unprecedented times and having the right words isn't always easy. Below are resources to help families navigate difficult and mature subjects in a way to help children understand.

[Coming Together: Standing Up to Racism. A CNN/Sesame Street Town Hall for Kids and Families](#) (CNN/Sesame Workshop)

[How to talk to your children about protests and racism](#) (CNN Health)

[One Talk at a Time](#) (the University of North Carolina at Greensboro Department of Psychology)
Providing support for Latinx American, Asian American, African American, and Black youth and their families to have conversations about race and ethnicity.

[Racism and Violence: How to Help Kids Handle the News](#) (Child Mind)

[Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five](#) (ZERO TO THREE)

[Resource list for talking about racialized violence with kids](#) (Center for Racial Justice in Education)

[Talking About Race](#) (National Museum of African American History and Culture)

Talking about race, although hard, is necessary. We are here to provide tools and guidance to empower your journey and inspire conversation.

[Talking to Kids About Discrimination](#) (American Psychological Association)

[Talking Race With Young Children](#) (NPR)

[Teaching Tolerance](#) (Southern Poverty Law Center)

[The Impact of Racism on Child and Adolescent Health](#) (American Academy of Pediatrics)